

Linda Clair
Seven-day Meditation Retreat
Kallara Conference Centre – September 2019
Transcription from Audio Recordings

File 3a – Monday morning guided meditation

Linda: So take a few deep breaths into the belly, and feel your body. Wherever you are you are in your body. You can pretend that you're not in your body, which is what thinking is, but you're in your body. So this practice is about using the sensations in your body to simply be in your body, not to seek any particular feeling.

So take your attention to the top of your head and feel the sensation on the top of your head. And sensations are always changing. It doesn't matter what the sensation is. Feel the sensation of your eyelids on your eyes, feel your breath going through your nostrils, and keep breathing deeply into your body. So your body is not reality, because it comes and goes, but it's much closer to reality than any thought you'll ever have. And by using your body you realise, "I'm not my thoughts." And you need to do this before you realise, "I'm not my body." This is about using your body to realise, eventually, that you're not your body. And as I keep saying, your body is the key.

So feel your mouth, your tongue, your jaw and your chin. Feel your shoulders, and go to your left shoulder and go down your arm to your left hand, and feel your hand. Feel your thumb and your fingers. Go to your right shoulder and go down your arm to your right hand, feel your thumb and each finger. And keep breathing into the belly. You're here in your body. Then take your attention to your chest, and as you breath in and out through the nose, feel the gently movement of your chest with the breath. A gentle rising and falling.

Then go down to the abdomen. So you can feel your breath very clearly down here. You can feel your abdomen rising and falling as your body breathes. Feel your thighs, your left knee, and your right knee. Feel your feet, your toes, and keep breathing into the belly. Then go to your spine and feel your spine from the top of the spine down your back to the bottom of the spine. Really be aware of your spine, your shoulders, that they are straight. Every now and again, if you need to, just gently straighten your spine. So can you feel your body? Really feel it, without visualising.

So keep this as simple as possible. Each time you realise you've been lost in thinking, pretending to be somewhere else, doing something else, bring the attention back to your body, and primarily the breath in the abdomen. So there is nothing you need to be thinking about right now, but knowing that does not mean that the thinking will stop. You don't need to know anything right now, and you particularly don't need to know who you are.